Natural Rearing Newsletter ©

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FOR THOSE THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS

OLIVE LEAF EXTRACT—THE MICROBE FIGHTER

It is believed by many, that the "Tree of Life" referred to in the Bible, is the olive tree. This would certainly seem appropriate as the olive tree appears to have an extremely strong natural defense system that can provide us with the means to develop: antibiotic/antiviral/antifungal/antiprotozoan agents, from extracts of the olive tree leaf.

For at least 6,000 years, the olive tree's special gifts to mankind have been documented. In the last half of the 19th century a phenolic compound with the Latin name of **"oleuropein"** was isolated from the olive leaf. It's considered to be the source of the olive tree's powerful disease-resistant properties. According to botanists, oleuropein, which is present throughout the olive tree—its wood, fruit, leaves, roots and bark—helps to protect it against insect and bacterial predators.

By 1969, researchers at The Upjohn Company of Kalamzoo, Michigan further isolated the main antiviral ingredient present in oleuropein as the calcium salt of elenolic acid, **calcium elenolate.** In their research they found that every virus they tested for, was either killed or their growth was severely inhibited. Upjohn attempted to develop their research into a virus killing pharmaceutical. The problem was that calcium elenoate was found to rapidly bind to proteins in blood serum and get taken out of action, thus it was rendered ineffective. In the 1970s they abandoned the attempt to turn the substance into another commercial drug product.

It wasn't until 1994 that independent scientific researchers had experimented sufficiently and accomplished a therapeutic breakthrough. It opened the way for clinical application of olive leaf extract as a viable nutritional supplement for fighting viruses and other microbial invaders. (1)

Ironically, the olive fermentation industry (pickled olives) has long suffered from the strong antimicrobial properties peculiar to their crop. The oleuropein content had to be removed from olives before any fermentation could take place. Even the waste waters derived from the milling of olive paste during olive oil production are richly antibiotic. If these waste waters are dumped into the soil, they inhibit vegetation growth by destroying friendly bacteria necessary for vegetative cell growth.

The recently developed olive leaf extracts are so effective against so many types of microbial pathogens that sometimes the patient can suffer a temporary "die-off" effect referred to as the "Herxheimer's reaction". This is very different from a drug "side effect". In the die-off there is a suddenly released quantity of "dead bodies" into the bloodstream that produce a temporary allergy-like reaction in the host. Usually this is a good indication that the antimicrobial agent is working and the infection is dissipating.

There is a long list of viruses, bacteria and parasitic protozoa's that the extract has been tested with and has proven to be effective. This gives us another strong natural tool to use in place of antibiotics and steroids. This is particularly useful in cases where there is a risk of chronic staph. infection or suppressed immune function.

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VITAMIN B COMPLEX

One of the major differences in feeding a raw diet compared to a commercial dog food is that in nature, the vitamin Bs always occur as a "complex" whereas most commercial dog foods utilize some form of synthetic, isolated form of one of the B vitamins recognized by science.

There are at least 25 members of the vitamin B complex group that have been isolated and identified so far. Indications are that all the factors and synergists in the B complex combined, make up some 50 to 100 related chemicals with different properties. Nature knows how to balance the relationship of all these complexities, and provides us with many food sources correctly proportioned for optimum health. There is a danger when chemists attempt to override this balance, by emphasizing one or two fractions as the only "active" constituents important to our health.

The B complex is necessary for the health and normal functioning of the nervous system; essential for maintenance of muscle tone, and stimulation of digestive secretions. It is important to the health and normal function of the heart, liver, eyes, skin, hair, endocrine system (glands including the adrenals, thyroid, pituitary, ovaries, testes) the spleen, thymus gland, pancreas, and kidneys. It is important to red blood cell production and function, the immune system, and much more.

Good food sources of the vitamin B complex are liver, meats (particularly organ meats), whole grains (especially the bran and germ), nuts, beans, peas, and nutritional yeast. The highly touted 'brewers yeast' does not qualify for my personal list of "good" sources!

Dr. Royal Lee, a pioneer and genius in the field of nutrition tells us that a "natural combination" of vitamin B complex is "from ten to fifty times more potent than is a chemically purified or synthetic complex". He also stressed that obtaining the complex from more than one source is necessary for highest effectiveness.

The vitamin B complex belongs to the 'water soluble' group of vitamins. The refining, processing and cooking of foods, greatly depletes the availability of this vital co-enzyme. Thus dog food companies 'add back' a few slices of the pie with synthetics and term it "nutritionally complete". This is not only misleading, but also downright dangerous. There are many reasons to believe that one of the major sources of the ever increasing number of 'health' problems we see in our animals can be attributed to the poor quality of commercial dog food.

Let me give you one example (there are many) of what can happen when a 'fraction' of the B complex is used in place of the real thing.

Lets look at thiamin (vitamin B_1). Thiamin is required for normal functioning of all body cells, especially nerves. It is involved in numerous biochemical processes that break down carbohydrates, protein, and fat for energy and which converts excess carbohydrate to fat for storage.

In a study at the University of Arkansas, conducted to ascertain the effects of thiamin on fertility of laboratory animals, Dr. Barnett Sure of the Department of Agricultural Chemistry, reported some startling findings.

They took a group of rats, fed them a natural food diet which supplied "liberal amounts" of vitamin B complex. The rats were divided into four groups and a pure crystalline synthetic product (thiamin hydrochloride) made by Merk was added to the diet in different amounts as follows:
Group A: 10mcg. of thiamin daily
Group B: 100mcg. of thiamin daily
Group C: 200mcg. of thiamin daily
Group D: 400mcg. of thiamin daily

I should point out that a microgram (mcg.) is one thousandth of a milligram. The results are as follows:

Group A: On the daily dose of 10mcg. of synthetic B_1, fertility and lactation were perfectly normal for two generations. Then the dose was increased to 200mcgs. The lactation efficiency dropped from 95% to 41%. One female was sterile; post mortem examination showed resorption of 12 remaining embryos.

Group B: On 100mcg—the first generation seemed fine. In the second generation, however, two females were sterile. Then the dose was increased to 400mcg and in the third generation, five females completely failed to rear their seven litters and one more was sterile. In other words, infant mortality was 100%. The litters died within the first few days.

Group C: On the 200mcg.—two mothers out of six became sterile in the first generation. Only two mothers out of six were available for the second generation. In the third generation dosage was increased to 600mcg, daily and four out of six females were sterile. (One with a clear case of resorption and the others failed to rear their litters with death of the offspring occurring within the first few days).

Group D: Lactation was a "pronounced failure" in the third generation. The infant mortality was 88% when the mothers were given 800mcg of synthetic thiamin daily.

I could go on to list other studies and problems but clearly, the above should be enough to trigger your common sense and awareness of the long term, sneaky damage that can be caused by synthetic vitamin additives.

I urge you all to examine your breeding program. Is your second generation as healthy or in better health than your first? How about your third generation? Fourth?

We are all trying to improve our breeds. If this isn't happening perhaps it would be a good idea to take a long hard look at what is being fed to the animals!

ALBUMIN AND THE IMMUNE SYSTEM

There is no doubt that good health can only be achieved with a strong immune system. With the onslaught of poor nutrition, external exposure to chemical pollutants, internal abuse of over vaccination, etc. our animals are in a constant battle with man made conditions that bombard their immune system. As a result we are experiencing a plethora of health problems, many of which didn't even exist 50 years ago, (ex. bloat) on an ever-increasing scale. Thus it makes good sense to strengthen immune function wherever possible.

Certain factors in the blood can pinpoint the strength and status of the immune system. The most significant of these is the level of **"albumin"**. Simply stated, when the levels of albumin are low, the immune system is generally under assault and possibly failing. When the albumin levels are strong, the immune system is undoubtedly functioning well, and generally the animal is healthy.

This simple protein, circulating around in the blood, can be used to indicate the status of almost every body function, in health or disease. Among the 50 or so functions that albumin levels can effect are:

- Albumin controls fluid levels in the body.
- Albumin is involved in hormone activity and the distribution of nutrients.
- Albumin is extremely important to healthy blood flow dynamics.
- Because of its impact on blood flow, albumin is involved in blood pressure, edema, clotting, kidney function, and heart health.
- Albumin is essential to healthy joints and even brain function.
- The liver produces albumin, so improper levels can indicate the presence of liver disease.

When the immune system is endangered, albumin levels drop. In fact, levels below 2.3 (in dogs) combined with low lymphocyte count, may indicate a powerful free-radical disease such as cancer. (Note: "normal" test levels may vary depending on which lab is running the blood work).

No other single blood factor is so indicative of good or bad health. Thus, a close watch of the albumin level can give us a scientific basis for evaluating the 'success' or 'failure' of our immune-bolstering protocol of specific nutrients.

Of course the "back-room-hypesters" with their "magic" immune booster products, don't want you to know this, but there are so many ridiculous claims being made that I want you to be aware that there is a reliable method of determining what works and what doesn't!

It's not so easy to just "turn on" albumin. As mentioned above, most albumin is produced in the liver. What needs to be emphasized is that **proper digestion** (which contributes to a healthy liver) **is critical to high albumin levels!!**

Often, I will have a newcomer to holistic health care wonder why I suggest using a good digestive enzyme to help with a wide variety of health problems. What could this possibly have to do with itchy skin, arthritis, cancer, etc., etc. Well, the use of digestive enzymes along with liver detoxifiers lowers the load on the liver. By inducing better liver function we in turn promote increased albumin levels—a key to fighting disease!

This is particularly true where commercial dog food is being fed (essentially "dead" with no digestive enzymes) or where the animal has been subjected to antibiotics (essentially "killing" the "good" with the "bad"). As digestion improves, liver function is enhanced, and the body gets healthier and healthier over time.

Sometimes the damage caused by drugs and/or poor nutrition cannot be completely reversed. In these cases, it still makes good sense to build and maintain the best immune function possible under the circumstances.

OCD FOLLOW UP

In the last issue we reported on an OCD case that was cured without surgery. Since then we have experienced several more cases (both stifle and hock) that have been cured with nutritional supplementation thus avoiding surgical intervention. Call me if you are having this problem.

I know this will sound like a broken record, but the best place to start building a good immune system for your animal is a raw diet. This is the way nature designed the dog and cat to live a healthy life. Once you stray from this basic concept you automatically place additional strain on the body and must compensate for interfering with the 'normal' function by providing some kind of assistance to retain optimum albumin levels.

One product that I have come to rely on for immune system support is 'Immuplex' from Standard Process Labs. Usually I suggest 'Livaplex' be used in conjunction with Immuplex for enhanced albumin production. These are both nutritional 'glandular' products that have proven to be helpful in chronic conditions involving a weakened immune system. Dosage will of course vary with the size of the animal and the severity of the problem, but for an average 50lb. dog usually only one cap per day is sufficient. There are several other products to consider but these two are vital in fighting any serious disease. Over time, these products will show a measurable increase in albumin levels to give you scientific evidence of their efficacy.

Remember that the liver is the "dumping ground" for the body's toxins and if it is overloaded it simply can't keep up with adequate production of albumin. If you suspect your animal may have a weakened immune system, get a full blood panel run and take a close look at the albumin level. Just another way to utilize 'the best of both worlds'.

HOMOTOXICOLOGY—SOME BASICS

Although homotoxicology is based on the principals of homeopathy it can be thought of as a "bridge" between allopathic and homeopathic medicine. (see Issue #6 for some basics on homeopathy). As such it has many similarities to classical homeopathy as well as some key differences. Practitioners consider homotoxicology to be an updated renewal of homeopathy on a more extensive, scientific basis.

At the time Samuel Hahnemann developed the 'science' of homeopathy (late 1700's and early 1800's) very little was know about molecular biology, biochemistry, etc. Thus to determine an applicable remedy for a particular patient, the mental, emotional and physical symptoms must all be carefully considered to arrive at a "constitutional" remedy best suited for that individual. Emphasis is placed on the mental and emotional symptoms with less importance given to the physical symptoms. So it is not unusual to have two people exhibiting the same physical symptoms, being treated with two different homeopathic remedies due primarily to the significance of different mental and/or emotional symptoms.

In this century, homotoxicology was developed by Dr. Hans Henrich Reckeweg (Germany) to take advantage and use the explosion of knowledge in the basic medical sciences in conjunction with the principals of homeopathy. One key difference is that it places more emphasis on the physical manifestations of disease and tends to use diagnostic tools based on anatomical and clinical findings (similar to allopathic medicine) and then utilizes complex homeopathic remedies designed to restore the patients vital energy and to balance the biological flow system.

From the late 1930's to the early 1970's Dr. Reckeweg worked to develop over 1,000 remedies using knowledge from "the best of both worlds". The medications which he formulated are derived from:

- the enzyme systems of the body,
- allopathic medicines,
- extensive nosode preparations,
- **and** the more traditional homeopathic remedies both in potency chords (i.e. more than one potency of the same substance) and together as complex remedies (i.e. more than one substance in a remedy).

He reasoned that where a single remedy failed to act, it may be because the power of the disease has manifested in such degeneration of the body's defense system, that the "vital force" is to weak to properly respond. This seemed particularly true with deep seated chronic diseases where even though the specific constitutional remedy was clearly indicated, the response was poor or seemingly non existent. Until the vital force or the body's defense systems are restored, single homeopathic remedies may be limited in their effectiveness. Thus a "combination" of remedies, designed to assist a broader range of functions would seem appropriate to help the body rid itself of toxins and give the system a better chance to heal itself.

So many of the chronic diseases that we see today are most likely the result of toxic impregnation of intra-cellular regulatory and metabolic systems. Symptoms may be absent until the damage is quite widespread. Judicious use of catalysts, nosodes, sarcodes, and combination remedies can help clear acute and chronic diseases **so that a constitutional remedy can be chosen.** Utilizing all the tools available gives us the greatest chance for success.

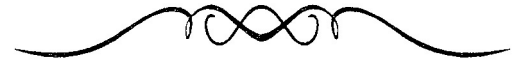
I do want to be very clear that the combination formulas developed by Dr. Reckeweg are unique and based upon not only a large body of knowledge but also on a complete strategy for therapeutic application in the various phases of disease. These are not the same as the "combination" formulas commonly sold over the counter at health food stores or more recently at dog shows.

Most classical homeopaths will say that the use of combination remedies is "analogous to trying to create harmony by tuning six different radios to separate stations simultaneously in the hopes of creating a symphony" (source: The Science of Homeopathy). In reference to the common "street" combination remedies they are probably correct. Unfortunately many classical homeopaths are unwilling to "waste" their time to study homotoxicology because of the blind spot developed by an aversion to any combination remedy. Thus they miss the fact that a combination remedy, carefully constructed and developed so that the frequencies are complementary, is itself more like a symphony and could be more powerful in action under the right circumstances than a single remedy.

I guess the main reason I would urge any professional interested in holistic health care to study homotoxicology, is based on a simple fundamental—**it works!**

Even though this great body of work was developed for humans, I have found it to be equally effective in veterinary applications. With animals we often do not have the luxury of accurately determining the 'emotional' and 'mental' symptoms necessary for correct proscribing in classical homeopathy. Even the physical symptoms are sometimes unclear (ex. is it a sharp pain, a dull pain, etc.). As homotoxicology places more emphasis on the physical aspects, we can use standard western science tools such as a blood work up, allergy testing, etc. in choosing the most applicable remedy for a recognized veterinary condition.

Following the strategies of homotoxicology we may combine other modalities such as diet or nutritional support without fear of "clouding the picture" to determine the proper "constitutional" remedy. One of the major goals is to clear up the physical weaknesses that are dragging down the vital force. Once this has been accomplished the constitutional remedy has a much better chance of working more effectively.



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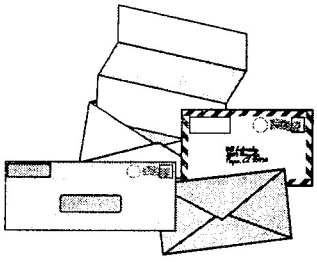

Dateline January/97—Idaho

Dear Marina,

Just a note to thank you for helping to save our puppy. He was the surviving pup from a litter of 3 and after just a few days the bitch developed mastitis and he could no longer nurse. We began bottle feeding him and all was going well and then he developed an infection in his lungs. We don't know if he aspirated some fluid or just "caught something".

We took him to our vet and she prescribed some antibiotics. He didn't seem to be making any headway so we took him back and she put him in an oxygen tent for the day and said we could take him home that evening (later she told me she didn't expect him to live through the night).

We had called you and explained what was going on and you sent us 3 different products. I should mention that the pup weighed in at 12 ounces before he got sick and his weight dropped to 7 ounces before he started making a "comeback". Anyway, we followed your instructions and within a few days he was acting better and looking like he might not die.

That was about two months ago—he is now 4 months old and even though he is exceptionally small for a Pekingese (about 3 pounds) he is healthy, robust and full of life.

My vet, incidentally, is amazed and delighted. Her philosophy basically amounts to whatever works—she did say she would like more "scientific data" but that probably goes back to her courses in school. Anyway she has been supportive and is pleased that the pup survived.

We don't know yet whether he will be a "show boy" or whether we will be looking for a pet home placement but we are grateful to you for your help and support. Thank you so much for spending time with us and sharing your knowledge.

I should also mention that we have used the NR Birth Aid pills and believe they aided the bitch in whelping. One other thing—we will NEVER be without the fading puppy supplement!

The three products used in this particular case were: chinacea Comp Forte, Mucosa Comp, and Engystol N. All are formulations developed by Dr. Reckeweg. Perhaps the vet may be interested in studying homotoxicology after seeing your results. Let's hope so!

The following involved a Border Collie that had just whelped a litter of puppies and had developed a high fever and severe diarrhea.

Dateline January/97—Colorado

Hi Marina,

I really enjoyed talking to you on the phone Wednesday, and thought you'd like to have a progress report.

I received the remedies you sent Friday and started my new "mom" on them Friday afternoon. At that time she still had a temp. of 102.8, terrible diarrhea, and this had been going on since Tuesday. I had expected (hoped for) her to slowly improve, the stools to gradually gain firmness, by using the remedies. I was still feeding her cereal, (I did make her a potassium broth which I was giving her, too) but didn't want to try solid foods until her fever broke.

It was like a miracle. By Saturday a.m., her fever broke and her stools were absolutely normal.

She has had nothing but normal movements since, and acts like she never missed a beat. Saturday evening I tried her on her normal raw food dinner meat meal and she was fine with it. Her puppies never got sick and somehow she managed to produce enough milk for them to continue to gain weight throughout our ordeal.

I also add, the puppy I was worried about being a fader—I also attribute his life to the Fading Puppy Remedy. He was listless, cold and not eating. I gave him the remedy very frequently for an afternoon and evening and was sure I was going to lose him. He suddenly started fighting for a place on mom, started acting vigorous and has been fine ever since (I did continue the remedy for 10 days after that). He is right up there in weight with the rest of the litter.

THANK YOU ONCE MORE. I feel lucky to have you as a resource.

The items used for the new mom were: Echinacea Comp Forte, Mucosa Comp, Diarrhea, Immuplex and Blue Heron Dietary Supplement. The first three again, are Dr. Reckeweg's formulas. These were combined with the glandular Immuplex and the herbal formulation of Blue Heron and worked together synergistically to resolve the problem.

This is a typical example of utilizing a combination of homotoxicology, glandular, and herbal protocols to help stimulate the body and allow a natural healing to take place in as short a time frame as possible.

The high fever indicated that the immune system was fighting hard to get rid of some kind of toxin, and it was obvious that we needed to sooth the digestive tract. With a little help, the vital force was invigorated and able to do its job quickly and efficiently to restore the normal balance in mom.

AN ALLERGY CASE

One of the more common problems I hear about is "itchy skin". We all recognize the symptom but successful treatment can only be accomplished if we deal with the underlying cause.

Dear Marina,

Our 3 year old Golden Retriever had been suffering from terrible allergies for the last couple of years. She was constantly scratching herself to the point that we had to give her cortisone to get her some relief. As you know this did not solve the problem and things continued to get worse. She was also getting secondary infections from breaking open her skin. She was so itchy!

After discussing the problem in detail you sent us some remedies to use, and you cautioned me that allergies can be difficult to treat and that I would need patience.

Well, to our delight, her symptoms started to improve within days of giving her the remedies and after a month she was like a new dog! Friends told us that she looked and acted like a puppy again. Several months have now passed and today she looks better than ever.

We can't thank you enough for letting people know that good alternatives do exist for treating these problems.

We had determined that in this case the dog had been suffering from mold allergies that persisted year round. We have been getting very good results with allergies using a multiple approach which results in the animals getting relief rather quickly. It's great to know there are successful ways of treating such a chronic problem without the use of steroids. We can take comfort in knowing the fact that we are helping the body achieve a new level of health rather than hurting it.

In this case we used the following:

- Glandulars called Allerplex and Atronex. Both help to decrease histamine levels in the body (natural anti-histamines) as well as decongesting the liver. The Allerplex also helps the immune function and gives some adrenal support. (It is very common for the adrenals to be weakened in allergy cases).

- Beta Thym—contains Thymus, L-Ornithine (amino acid) and Beta Sitosterol (a natural plant derivative of cortisol). This supplement is particularly useful in those animals that seem to radiate heat from the skin. It helps to moderate inflammation in the body and gives immune support.

- Zaocys—a Chinese herbal formulation that is specific for itching and skin problems. (In this case when I asked the breeder how bad the itching was on a progressive scale from 1 to 10, her opinion was that it was probably a 9—almost as bad as it can get).

- Homotoxicology remedies—Cutis Comp, Allergy, and Psorinoheel. These work to help skin and liver functions and to decrease the reaction phase. Echinacea Comp Forte was also given to help heal the remaining skin infection.

- Dust and Mold Mix and Mycological Immune Stimulator—these are two homeopathic remedies called "Allersodes". They are specific to desensitize the body from allergens. (In this case a variety of molds, dust and dust mites). This oral desensitization is completely safe and is not like conventional allergy shots which can cause an anaphylactic reaction. In our experience they have proven to be far more effective. They not only help to relieve symptoms but help the body's immune response in dealing with the sensitivity.

I have a great deal of empathy for anyone suffering from allergies. As a young girl I went through the orthodox desensitization shots. Not only did they not work but an overdose from a physician almost killed me. Only "emergency" care at our local hospital saved my life. No one would admit that the dose had been excessive.

Thankfully, through the use of 'natural' remedies, I no longer have any violent bouts of allergy symptoms and can function normally all year round.

Dateline Feb/97—Colorado
Dr. Judith Shoemaker-Miller

Dear Marina,

Thank you for my copy of the second edition of the Natural Rearing Breeders' Directory. I appreciate being on your mailing list. I've shared the directory with many clients and friends and am delighted that more breeders are taking a holistic approach to caring for their animals. For years I've told my clients that we will see the disappearance of several breeds of dogs and cats within our lifetime. Due to the efforts of the conscientious breeders in your book, I may be wrong. Nothing would make me happier.

Congratulations are due to all breeders that put the health care of our animals in front of any other consideration. What good is perfect confirmation without sound health. It is still my strongly held opinion that each animal that we bring into this world must be given the opportunity to be "the best that they can be". I know of no better way than "natural rearing".

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ORGANIC GERMANIUM

Germanium is a metal widely used in the electronics industry because of its semiconductor properties. The biological and therapeutic properties of this element are known to us largely through the extensive studies of Dr. Kazuhiko Asai (Japan). He began this work in the 1950's and later published a highly regarded book titled "Miracle Cure: Organic Germanium". More recently many other investigators and an ever-increasing number of individuals are being convinced of the therapeutic value of organic germanium for an almost unbelievably wide range of ailments.

Dr. Asai discovered that many widely used herbal remedies contained a relatively high amount of germanium and he concluded that its presence could (at least in part) account for their healing properties. He found that one of germanium's main biological actions was to enhance the body's ability to utilize oxygen.

Obviously, sufficient oxygen is critical for the survival of all air breathing organisms. Cells low in oxygen are unable to efficiently remove waste products and cannot access the vitamins and minerals they need. Consequently, if the condition goes unchecked, nutritional deficiencies and toxic build up occurs.

As germanium is such an excellent oxygen facilitator it should not really be surprising that it can have a beneficial effect in the normal function of every organ in the system. What is more surprising is that it appears to also be able to reverse or arrest the progression of a wide range of diseases.

Clinical experiences have been documented at Dr. Asai's clinic, as well as other private practices around the world, listing a long and impressive number of conditions where the use of organic germanium for treatment has proven to be beneficial. Immune stimulation, analgesic properties, mood enhancement, detoxifying properties, cardiovascular benefits, ant-cancer effects, wound healing—the list goes on and on.

Ironically, such broad application has probably hindered a wider acceptance of its therapeutic value. It simply sounds too much like the 'junk mail' claims of one substance to "cure" whatever ails you! When you add the fact that its' action is for the most part due to 'unknown mechanisms', a certain amount of skepticism is understandable.

We need to be careful here to distinguish between organic germanium (or in technical terms—the biscarboxy ethyl sesquioxide form of germanium) and non-organic forms of germanium (such as germanium oxide and germanium tetrachloride). While organic germanium has been proven perfectly safe by extensive testing, other forms pose a risk to health. (For example: germanium dioxide has been proven to be toxic to the kidneys).

In the 1985 September/October issue of "Anticancer Research", test animals inoculated with cancer cells and then treated with germanium showed an increase in the body's defense mechanisms. It was from the consistently beneficial results reported from the experiments that human trials eventually began.

Clinically, cancers of various types have been treated with organic germanium. From the reports it would appear that germanium inhibits metastasis (spread) of the cancer cells from one region of the body to another. It is this deadly spread that invariably proves most difficult to prevent.

The sesquioxide form of germanium has also been shown to be a good detoxifier—especially mercury, cadmium and lead. The molecular structure of this forms allows it to bond strongly with hydrogen to eliminate toxins from the body.

Several prominent researchers, including Dr. Kidd, Dr. Summerfield and Dr. Rinehardt have stated that organic germanium is the ideal immunostimulant. They believe that its ability to stimulate the body's natural defense mechanisms makes it an excellent ant-viral and anti-fungal agent. Clinical reports from doctors in the field supports this, especially in the treatment of yeast syndromes like candida albicans.

I do want to emphasize that **only** Organic Germanium Sesquioxide (Ge-132) has been exhaustively tested for clinical effects and safety. Other germanium compounds tested either have marked toxicity or have not yet been fully evaluated. Therefore you must be absolutely sure to only use this particular form in any health application.

It's one more tool to add to our natural arsenal of holistic health care.

A special 'thank you' to Sandi Heffner for sending me the following:

GOD CREATED THE DOG

(Author Unknown)

- On the first day of creation, God created the dog.
- On the second day, God created man to serve the dog.
- On the third day, God created all the animals on earth (especially the horse) to serve as potential food for the dog.
- On the fourth day, God created honest toil, so that man could labor for the good of the dog.
- On the fifth day, God created the tennis ball, so that the dog might or might not retrieve it.
- On the sixth day, God created veterinary science to keep the dog healthy and man broke.
- On the seventh day, God tried to rest, but he had to walk the dog.

HERBAL EXTRACTS—THE BAD, THE GOOD, AND THE SUPERIOR

There is no question that the interest in herbal extracts has grown tremendously in the last few years. At one time you could only find them in health food stores. Today it is not uncommon to find them at your local pharmacy and in some cases even grocery stores are starting to handle a few of the more common extracts.

More and more health care professionals are starting to lean on herbal extracts in place of the actual herbs, primarily because of their ease of administration and the belief that "standardization" of measurable chemical content is assurance that the "quality" of the extract will be there.

To a large degree, the best feature of the industry's standardization, is that it gives the professional a false sense of security that the product "must be good".

For a better understanding of just a few of the basic problems with the herbal industry in this country I would strongly suggest that you refer back to Issue #5 and our article titled "Herbs for Health or Profit?".

For now let's restrict our discussion to tinctures. The art of extracting the beneficial power of herbs has been with us for a few thousand years. Tinctures, properly prepared, last indefinitely with little or no diminution of the herbs typical characteristics. One other advantage of a tincture is that it can enter the system in seconds as compared with whole herbs that have to be digested first.

In attempting to determine the quality of any tincture the obvious place to start is with the quality of the 'raw material' used as a source of the extract. This one single factor automatically places the vast majority of the 'over the counter' products into the "bad" category (see the article for reasons).

The second qualifying factor is the 'method of preparation'. Traditional methods require a minimum of fourteen days and are done in close conjunction with the lunar cycle. Again we find that most of the tinctures on the market today are made in anywhere from 8 hours to 3 days. Assuming that the raw material was good to start with, this second factor would eliminate most of the products on the store shelves. In some cases this factor is so bad that some of the products are made by simply pouring alcohol through a cone of herbs and bottling what comes out as a "tincture". Obviously these fit the 'bad' category without any further discussion.

There are a handful of companies that do tend to follow traditional methods both in using organic herbs and taking the proper time to process them. Due largely to the "price" factor, it is unlikely you will find them on a store shelf. Many of the holistic health professionals use these tinctures exclusively in their practice. These few can be classed as "good". (8)

There is however, a "superior" method of producing an herbal extract. This extraordinary process optimizes the healing power of herbs because it is the only process to extract all of the herbs medicinal compounds including their indispensable minerals and trace elements. The process is called "spagyria" and the methods used date back to ancient Egypt.

Spagyric tinctures are prepared through a painstaking process that is performed completely by hand and **takes over three months** to complete. Needless to say they are not "price" competitive with the products found on the grocery store shelves .

All of the plants used are completely organic in the truest sense of the word, and are hand picked during what is referred to as their 'balsamic' period, which is during the evening or at sunrise. (This is when the presence of dew benefits the extraction of certain compounds).

The whole plants or parts of plants are softened and broken down (macerated) usually in alcohol. The maceration process takes place in tightly sealed glass vases. These vases are then exposed for one half-hour daily to the natural rays of the sun and again each night (all night) to the moon's rays.

Otherwise they are stored underground at a constant 59 degrees, all in keeping with the ancient principals. The glass containers are gently shaken on a daily basis.

After a period of approximately 9 weeks the liquid takes on a dark color. At this point, the liquid is then separated from the solid plant residue that has collected at the bottom of the glass vases.

The solid plant residue is then pressed, sun dried and burned until it turns a uniformly white color. The result is a small quantity of white cinders that emit a pungent odor. The white ash, while still hot, is then re-mixed with the liquid tincture. The vase is sealed and vigorously shaken and the tincture is left to react. Once again the glass containers are exposed to sun and moon beams for four weeks. They are shaken at least once daily to assist the soluble minerals from the incinerated ash to melt and be gradually absorbed by the tincture.

At this time I know of only one company that is using this particular process—DaVinci Laboratories. They (and their subsidiary Forza Vitale of Italy) have developed a line of 7 condition-specific extracts following all the ancient methods as described above.

This line of products has only recently been made available in this country. Considering the process, a cost of $12.00 for a 50ml. bottle is not out of line.

'Till next time, take care out there.